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# Drawing the life of an outlaw



Local comic artist Ronn Sutton shows some of his work for an upcoming graphic novel written by a Hells Angels member in California. LUCY SCHOLEY/METRO

## Ride on. Ottawa comic artist working on new graphic novel based on experiences of Hells Angels member



LUCY SCHOLEY  
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Ottawa comic artist Ronn Sutton has yet to meet the Hells Angels members who appear in the pages of his latest graphic novel.

But he has drawn "Frenchy," the main character in *Lucifers Sword MC: Life and Death in an Outlaw Motorcycle Club*, with a similar handlebar mustache and sideburns to real-life Hells Angels member and author Phil Cross.

Sutton is pencilling in the

panels to the outlaw biker's written words, but he has never met the Hells Angel of over 40 years who lives in California.

*Lucifers Sword* is a fictional 1960s motorcycle club loosely based on Cross's life. All the characters are based on real bikers — including Cross who appears as the club's prospect, or rookie member. The story depicts the smuggling, heroin dealing, tough, tattooed outlaws, but also the less bad-boy aspects of the prospect's job like cleaning the club's toilet.

"I'm not slavishly trying to draw Phil so he looks like Phil. This is my guy because in the story he's not Phil. He's Frenchy," said Sutton.

So in that sense, Sutton has almost complete freedom to draw what he wants. Cross's people have sent the panel-by-panel script and it's up to Sutton to create the

black-and-white strips.

The project came to Sutton from an agent's recommendation. Known for his work on *Honey West* and *Elvira, Mistress of the Dark*, he has been working 15-hour days pumping out pages in time for the January 2015 publication date.

He has been researching for the job — watching *Sons of Anarchy*, motorbike movies and reading books like Hunter S. Thompson's *Hell's Angels: The Strange and Terrible Saga of the Outlaw Motorcycle Gangs*. Tiny 1960s-era details in the panels include a Buddy Holly record and an old TV antennae.

But what's lacking in the more-than half of the 87 pages Sutton has drawn are the motorbikes themselves. Sutton said that will be the most challenging part.

"What I'm trying to do is not make too many mistakes, mostly. This is going to go out, largely, to the hard-core biker audience."

He suspects this will likely earn attention from anyone who's a fan of the motorcycle club genre and there's already talk of a sequel.

### Quoted

"This is going to go out, largely, to the hard-core biker audience."

Comic artist Phil Sutton on *Lucifers Sword MC: Life and Death in an Outlaw Motorcycle Club*, the graphic novel he is currently working on

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# Accused in terror trial planned to act on anti-American views: Crown

**Misbahuddin Ahmed.**

Jury heard closing arguments Tuesday



**JOE LOFARO**  
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A diagnostic imaging technician at the Civic Hospital in Ottawa, who was found to be in possession of bomb-making components when the RCMP arrested him in 2010, should be found guilty of terror charges, a Crown prosecutor told a jury Tuesday.

Misbahuddin Ahmed, 30, is facing one count each of conspiring to facilitate terrorist activity, participating in a terrorist group, and possession of an explosive substance. Ahmed pleaded not guilty to all charges at the onset of his trial on May 14.

In closing arguments Tuesday, Crown prosecutor Jason Wakely said the accused more than just held anti-American foreign policy views — he intended on acting on them by joining a small terrorist group in Canada's capital and raising funds to send to terrorists abroad.



Misbahuddin Ahmed, 30, walks to the Ottawa courthouse Wednesday, May 14, 2014, to face trial on terrorism-related charges. JOE LOFARO/METRO

Ahmed was the one who "crystallized" the group with another alleged co-conspirator who cannot be identified by law, along with a third alleged

co-conspirator, Dr. Khurram Sher, court heard.

Sher — who is waiting on a verdict in his own trial — was allegedly valuable to the group

because he had money.

When RCMP officers nabbed Ahmed on Aug. 25, 2010, they said they found a grocery bag filled with circuit boards and

triggering devices.

The raid came after police snooped on conversations about Jihad among the three accused.

On the witness stand, Ahmed dismissed those talks as "a hoax" and told jurors he had planned on convincing a third alleged co-conspirator to destroy the explosive components.

"There's no evidence that he persuaded (the alleged co-conspirator) to do this. Destroying these items would be so out of character for him," charged Wakely. "You should judge the case on what he said and did in 2010."

Ahmed's lawyer, Mark Ertel, said in his closing arguments Monday that his client was "unshaken" in his 10-day testimony and should be found not guilty of all charges.

"He admitted to things that anybody would now be ashamed of," said Ertel. "He wasn't evasive, he had a good memory, but he didn't create memory where it didn't exist. And that's important because he could have made up stories."

The trial continues Wednesday.

## New drug for rare syndrome now available in Canada

A new drug promises to save hundreds of Canadian children from Morquio A syndrome, a rare and disfiguring birth defect that causes stunted growth, skeletal deformities, corneal clouding, heart and liver abnormalities and early death that affects 70-100 young Canadians.

But it won't come cheap.

Vimizim, a new enzyme-replacement therapy manufactured by BioMarin Pharmaceuticals in Ireland, is now available in Canada at a cost estimated between \$200,000 to \$300,000 annually.

Andrew McFadyen, executive director of The Isaac Foundation for Canadians with Morquio A Syndrome, hopes that Health Canada will add Vimizim to its list of pharmaceuticals covered by the publicly-funded health-care system.

McFadyen started the foundation after his 10-year-old son Isaac was diagnosed with the progressively crippling disease, and had to go through the provincial health administration's Special Access Program



Lucas Braun, who suffers from Morquio A syndrome, voluntarily took part in clinical trials for Vimizim. CONTRIBUTED

to cover the cost for his son's treatments for the last eight years.

"Today's decision provides hope for sufferers of Morquio A syndrome and their families," he said. "Approval of this treatment is a huge step forward for the Morquio A community, and provides hope for a promising future for these patients."

The Canadian release of

Vimizim is good news Ottawa's Debbie Braun's been waiting more than a decade for. Her sons Lucas, 17, and Zane, 14 have the disease. Lucas participated in the clinical trials for Vimizim at Toronto's Hospital for Sick Children.

"I did this so that other kids just like me could have this drug," Lucas said in a release.

DENIS ARMSTRONG/FOR METRO

## SumOfUs. Activists set to rally at Trans-Pacific talks held in Ottawa

SumOfUs activists are concerned about the level of secrecy shown by the federal government during the latest round of trade talks for the Trans-Pacific Partnership.

Trade officials from the 12 TPP countries have been meeting behind closed doors at Ottawa's Delta Hotel since July 3 to renegotiate a new free trade deal between Canada, the United States, Australia, Brunei, Chile, Japan, Malaysia, Mexico, Peru, Singapore, New Zealand and Vietnam, representing a market of 792 million people and 40 per cent of the global economy.

Some of the files up for negotiations are loosening the rules over intellectual properties, investment opportunities, state-owned enterprises and rules of origin.

It's an important, far-reaching agenda and one, the grassroots activist organization maintains, that deserves a lot more public attention.

"TPP is a deal which many trade experts are calling a

massive corporate power grab," states Tuesday's release. "Over the next few days, negotiators could green light the TPP, jeopardizing our environment, threatening universal health care, elevating corporations to the legal equal of national governments and severely limiting our Internet freedom."

SumOfUs is inviting the public to participate at the Delta Hotel at 101 Lyon St. on July 10 at 10 a.m. when a large banner will be unfurled, reading "Secret Talks Happening Here."

Volunteers will hand out leaflets urging trade negotiators to make negotiations more transparent.

"It's up to SumOfUs members in and around Ottawa who can take our campaign to the doorstep of the talks. The more of us there are, the harder it will be to ignore our opposition to this dangerous trade deal, so we need to make this big," said rally organizers.

DENIS ARMSTRONG/FOR METRO





Elimu founder Nina Chung teaches kids at the Upendo Early Childhood Education Centre in the Sabaki village, Kenya, earlier this year. CONTRIBUTED

# Group grills for Kenyan pupils

**Elimu.** Development organization's name means 'education' in Swahili; it campaigns to keep kids in African nation's schools

AMY YEE  
ottawa@metronews.ca

An Ottawa-based development organization will be grilling up burgers and hot dogs this weekend to help fund a campaign to keep Kenyan youth in school.

With four projects al-

ready up and running, Elimu is pushing its latest "stay in school" campaign aimed towards youth at risk of dropping out due to poverty, illness or other crises.

Elimu, Swahili for "education," was chosen as the name of the organization because the charity believes education is a key tool for hope and change, said Suzanne Stoltz, volunteer public relations advisor.

Since its establishment by founder Nina Chung, 100 per cent of funds raised have gone directly to the projects, an aspect that's differentiated the charity from others, said Stoltz.

"It's why we've been able

to do so much in so little time," she said. "It is very much community driven."

As a result, the organization depends entirely on the work of its volunteers, who work on everything from accounting to legal affairs, said Stoltz.

Local Kenyans also work as volunteers in the organization's management team; the construction of Elimu's Upendo Nursery School project was entirely built by residents of the Sabaki village.

This Saturday's barbecue runs from 10 a.m. to 4 p.m. at the M&M's Manotick location at 990 River Rd.

Donations can also be made online at elimu.ca.

# Volleyball tourney aims to serve up cash for charity

The world's largest outdoor one-day beach volleyball tournament will be hitting the capital this weekend.

The 32nd annual HOPE Volleyball Summerfest will host 1,032 teams signed up to play on 86 courts. More than 10,000 participants will be playing in divisions from recreational leagues to competitive and corporate categories.

Holly Tarrison, executive director of HOPE, says the festival will be bringing back its classic mix of sports and music, including headliner Matthew Good.

"We don't have much new for this year — we think what we've got is pretty good," Tarrison said with a laugh.

"It's a true festival atmosphere. Even if you don't play



A player sets up a spike during last year's HOPE Volleyball Summerfest. CONTRIBUTED

volleyball, you can come and do other things."

The festival will be sup-

porting a set of six new charities this year, including the Arthritis Society and the Max Keeping Foundation.

About \$127,000 will be split between the charities, in varying amounts.

Sponsorship was harder to come by this year, said Tarrison, and was an issue that many other festivals in the city encountered.

Sponsorship is always an important contribution to the festival and helps to cover the event's hard expenses, such as the \$25,000 cost of the stage and the \$35,000 needed for police security, she explained.

The tournament will kick off on Saturday at Mooney's Bay Park with competitive teams beginning play at 8 a.m. **AMY YEE/FOR METRO**

## Guns, cash seized

### Cops charge six in Ottawa drug raids

Six people have been charged after the Ottawa Police Service Drug Unit conducted three drug raids on July 4.

The warrants were executed on the 0-100 block of Fieldrow Avenue, the 0-100 block of Roberta Crescent and the 1300 block of Meadowlands Drive.

Police recovered handguns, ammunition, drugs and cash in their search.

Anyone with information about drug or gun activity is asked to call the Ottawa Police Service Guns and Gangs Unit, Direct Action Response Team or the Drug Unit at 613-236-1222.

**METRO**

## Calderwood Way

### 2 women seriously injured after being dragged by pickup

Two women are in serious condition after they were hit and dragged by a pickup truck Tuesday morning.

Paramedics responded to the call around 11 a.m. on Calderwood Way.

The truck hit a parked van, where the two women were unloading equipment. It dragged them about three metres, say paramedics.

The two women, aged 34 and 30, were taken to hospital with serious injuries.

The pickup's driver, a 34-year-old woman, was taken to hospital and is in stable condition. **METRO**

## Andre Mayer

### Ottawa police arrest fugitive

A convicted murderer and armed robber on the lam since June 26 was picked up by Ottawa police on Monday.

Police arrested Andre Mayer, 56, without incident at an undisclosed Slater Street location for violating conditions of his parole.

Mayer was supposed to be staying at a specific address in Ottawa after he was paroled on May 27, but he never showed, and was declared a fugitive on June 26.

In 1983, Mayer was sentenced to 10 years in prison for shooting a pizza restaurant owner during a botched heist. **METRO**

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# Canada's 'Prince of Pot' to leave U.S. prison, vows to keep fighting

## New landscape.

Canada's Marc Emery meets a different world upon release

When the poster child for marijuana legalization is released from a U.S. prison later this week, he'll be re-entering a world where many of his ideas have taken root and in some places have sprouted right up.

Marc Emery, Canada's self-styled "Prince of Pot," concludes a five-year sentence on Wednesday and will emerge into a lucrative marijuana landscape, where two U.S. states are now issuing recreational pot licences, medical growers are reaping profits.

The 56-year-old Vancouver resident was extradited to Seattle in May 2010, when he pleaded guilty to selling ma-

## Strengthened

"I can't wait to ... resume the unfinished battle to finish off marijuana prohibition with renewed vigour."

Marc Emery in his final blog post from prison

marijuana seeds from Canada to American customers before serving his time in several U.S. corrections' facilities.

On Monday, Washington state distributed for the first time licences to 24 shopkeepers who will hawk legal marijuana, while New York simultaneously became the 23rd U.S. state to authorize pot as medicinal treatment.

Wife Jodie Emery lauded her husband for spurring much of the shift in legal regulations and social con-



The "Prince of Pot" Marc Emery and his wife Jodie in Vancouver, in this May 10, 2010 photo. Emery is expected to be released from prison in the United States within days. JONATHAN HAYWARD/THE CANADIAN PRESS

sciousness while he's been locked away.

The 29-year-old has assumed much of the advocacy work and has been managing

their marijuana paraphernalia store.

Emery will be transported on Thursday to a private deportation facility in Louisi-

ana, where paperwork must be completed and a flight booked to Detroit. His estimated return is between Aug. 10 and 25. THE CANADIAN PRESS

## Washington State

## Recreational pot sales start

Washington on Tuesday became the second state to allow people to buy marijuana legally in the U.S. without a doctor's note as eager customers who lined up outside stores made their purchases and savored the moment.

Washington and Colorado stunned much of the U.S. by voting in November 2012 to legalize marijuana for adults over 21, and to create state-licensed systems for growing, selling and taxing pot. Sales began in Colorado on Jan. 1.

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## Six Flags. Roller coaster hits tree branch, riders left dangling for hours

A roller coaster hit a tree branch at the Six Flags Magic Mountain amusement park Monday, dislodging the front car, leaving four people slightly injured and keeping nearly two dozen summer fun-seekers hanging six to nine metres in the air for hours as day turned to night.

Two of the four people hurt on the Ninja coaster were taken to a hospital as a precaution, but all the injuries were minor, fire and park officials said.

"We were going across one turn and, all of a sudden, a loud noise happened," Jeremy Ead, one of the injured riders, told KCAL-TV.

"I ducked down just in time. A hard branch hit me in the head. I was there bleeding from my head, which was a little worse than this," he said, point-

ing to a gash in his forehead.

The coaster hit the branch at about 5:30 p.m. and stopped, said Michael Pittman, a Los Angeles County Fire Department dispatch supervisor. It was nearly three hours later before all 22 of the riders were rescued.

Televised news reports showed at least one of the cars that normally are suspended beneath the track dangling at an angle, derailed at the front.

The accident comes nearly a year after a woman was ejected from a roller coaster at Six Flags Over Texas in Arlington and died. The death was ruled an accident, but her family has sued both Six Flags and the German company that built the coaster's trains, both of whom denied any wrongdoing.

THE ASSOCIATED PRESS



Six Flags Magic Mountain park security monitor the situation after riders were injured on the Ninja coaster on Monday in Valencia, Calif. ANDY HOLZMAN, LOS ANGELES DAILY NEWS/THE ASSOCIATED PRESS

## Chicago

## Fourth of July weekend gun violence claims 15th victim

Chicago's Independence Day weekend death toll has climbed to 15 with the death of a man who was shot just before midnight Sunday.

The Cook County Medical Examiner's Office says 25-year-old William Allen was pronounced dead Monday afternoon. Police say Allen was shot Sunday night.

Allen was one of more than 50 people shot over the long Fourth of July holiday weekend.

The killings continued Monday with the slayings of three people — the first two early Monday and the third on Monday night on Chicago's South Side.

The Chicago Sun-Times reports that the latest victim was a 19-year-old woman who was shot in the back by a gunman who rode up on a bicycle and opened fire.

THE ASSOCIATED PRESS





## It's a hard-knock life for home managers

Dareda Mueller, 56, left, and her son Jordan, 21, wash dishes after the family's dinner together in the home they manage for Showhomes in Tampa, Fla. Showhomes' "home managers" are an elite crew of middle-class nomads tasked with keeping the luxury homes they live in immaculate to the point of not looking lived-in at all. It is, as company executives called it, "a very different, very difficult life." To see more photos of how this family lives, scan the picture with your Metro News App. WILL VRAGOVIC/TAMPA BAY TIMES/THE ASSOCIATED PRESS

## Bethesda. Scientists find decades-old smallpox vials in FDA building

A government scientist cleaning out an old storage room at a research centre in Maryland made a startling discovery last week — decades-old vials of smallpox packed away and forgotten in a cardboard box.

The six glass vials were intact and sealed, and scientists have yet to establish whether the virus is dead or alive, the Centers for Disease Control and Prevention said Tuesday.

Officials said this is the first time in the U.S. that unaccounted-for smallpox has been discovered. At least one leading scientist raised the possibility that there are more such vials out there around the world.

The freeze-dried smallpox samples were found in a building at the National Institutes of Health in Bethesda that has been used by the Food and Drug Administration since 1972, according to the CDC.

The scientist was cleaning out a cold room between two

laboratories on July 1 when he made the discovery, FDA officials said.

No one has been infected, and no smallpox contamination was found in the building.

Smallpox was one of the most lethal diseases in history. For centuries, it killed about one-third of the people it infected. Global vaccination campaigns finally brought smallpox under control. After it was declared eradicated, all known remaining samples of live virus were stored at a CDC lab in Atlanta and at a Russian lab in Novosibirsk, Siberia.

The labs take extreme precautions. Scientists must undergo fingerprint or retinal scans to get inside, they wear full-body suits including gloves and goggles, and they shower with strong disinfectant before leaving.

There has long been debate over whether to destroy the stockpile. **THE ASSOCIATED PRESS**

### Eradicated in 1980

The find was disturbing because for decades after smallpox was declared eradicated in 1980, world health authorities said the only known samples left were safely stored in labs in Atlanta and Russia.

- It was the second recent

incident in which a U.S. government health agency appeared to have mishandled a highly dangerous germ. Last month, scores of CDC employees in Atlanta were feared exposed to anthrax because of a laboratory safety lapse.

### Oklahoma



Kevin Whitney is pictured with his daughter Katie at her wedding in Texas. COURTESY KEVIN WHITNEY/THE ASSOCIATED PRESS

## iPhone travels to Japan and is returned to owner

An Oklahoma farmer's iPhone that was lost when it fell into a grain elevator has been returned to him unscathed, after it was found in Japan.

Kevin Whitney lost the phone in October when it slipped out of his shirt pocket as he was unloading grain from a truck into a silo in Chickasha.

The load travelled to a depot in Convent, Louisiana, and then loaded onto a ship bound for the island of Hokkaido, Japan. A worker at the Japanese facility phoned a counterpart in Louisiana, who then called Whitney in late May asking if he lost an iPhone.

Whitney says he's glad to get the phone back because it had photos stored on it from his daughter's wedding and vacation, and he thought those were lost forever. **THE ASSOCIATED PRESS**

# Critics blast pledge of \$20M: 'inadequate' to help sex workers quit

**'It's a start, but that's all it is.'** Five-year funding proposal from the Harper government is not part of Bill C-36

A diverse chorus of aboriginal women, police leaders and former prostitutes took turns Tuesday denouncing as insufficient the Harper government's five-year, \$20-million pledge to help sex workers leave the industry.

The steady barrage of criticism came on the second day of rare summer hearings by the House of Commons justice committee as it examines Bill C-36, the government's proposed new prostitution bill.

The offer of funding fits the so-called "Nordic model" that several Scandinavian countries have adopted to fight prostitu-

tion, and which the Harper government's proposed legislation appears designed to emulate.

In addition to making it illegal to be a client or a pimp, the Conservative government approach calls for social spending to help exploited women get out of the sex industry.

Justice Minister Peter MacKay has said the government hopes the funding, along with the new bill will foster an end to prostitution entirely.

"From our perspective, \$20 million is peanuts," said Michèle Audette, president of the Native Women's Association of Canada.

Audette linked the prostitution issue to the broader problem of missing and murdered aboriginal women in Canada. Aboriginal groups and international organizations have asked the Harper government to conduct a federal inquiry into the problem.

Rick Hanson, Calgary's police chief, described the \$20-million pledge, which he said amounts to \$125,000 a year in Calgary, as "woefully inadequate."

Hanson said the underlying causes of prostitution — child abuse, drug addiction and domestic violence — need to be addressed.

"I can tell you that \$20 million, when you actually spread it across five years, and you spread it across the country, it's a start, but that's all it is — it's a start."

The Supreme Court of Canada struck down the existing prostitution law last December and gave the government one year to bring in a replacement.

The \$20-million commitment is an additional government commitment to help women get out of the sex industry, but it is not part of the actual bill. **THE CANADIAN PRESS**

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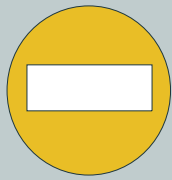


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## Potato-salad party?

## You like potato, I like potahto — let's have a party!

An Ohio man who jokingly sought \$10 US to pay for his first attempt at making potato salad has raised more than \$37,000 from a crowdfunding Internet site.

Zack "Danger" Brown, of Columbus says he's now considering throwing a huge

public potato-salad party with the money, which started pouring in after his request took on a life of its own.

Six days into the campaign, he's raised money from more than 3,400 backers worldwide.

The 31-year-old co-owner of a software company says he hasn't been getting much sleep.

Brown tells The Columbus Dispatch that he did it for the "pure enjoyment and silliness of life." **THE ASSOCIATED PRESS**

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A man holds a soda pop bottle as he walks under a sign opposed to taxes on sugary drinks posted in the window of Casa Thai Market in San Francisco Monday. **JEFF CHIU/THE ASSOCIATED PRESS**

# Attempt to hike pop tax is going flat in America

**Bubbled up and over.** Repeated efforts in the U.S. to tax sugary drinks at higher levels, like cigarettes, have failed

If two of the most progressive U.S. cities don't pass a tax on sugary drinks, will the idea finally fizzle out?

Sugary drinks have been under fire for years, with many blaming them for rising rates of obesity and chronic diseases. Yet efforts to curb consumption by imposing taxes and other measures have failed, in part because the beverage industry has spent millions to defeat the efforts.

Now, the question of whether a bottle of Dr Pepper with 64 grams of sugar should be treated like a pack of cigarettes is being considered in San Francisco

and Berkeley, with the two California cities aiming to become the country's first to pass per-ounce taxes on sugary drinks.

The stakes are high, especially given the Bay Area's reputation for liberal politics. If approved, Coca-Cola, PepsiCo and other companies fear it could galvanize health advocates elsewhere. If defeated, the idea of a soda tax could be dead.

"The industry is really motivated to beat us here. If they can beat us in San Francisco and Berkeley, nobody is going to take them on," said Larry Tramutola, the political consultant handling the campaign in support of the tax in Berkeley. The odds aren't in favour of taxes. Since 2009, about 30 special taxes on sugary drinks have been introduced around the U.S. Few have gained traction and none have prevailed.

**THE ASSOCIATED PRESS**



# SO YOU WANT TO BE A LEMONTREPRENEUR ...

OK, kids. School's out. The sun is shining. Are you thinking what I'm thinking?

Yup, it's time to open a lemonade stand.

Don't roll your eyes at me, Buster, and listen up. Lemonade stands are a kid rite of passage. Capitalism with training wheels.

It's easy! The barriers to entry are ridiculously low. All you need is a card table, a hand-painted sign and, of course, a big, frosty jug of product.

Don't worry about all those bylaws and regulations you are no doubt violating. At this stage of the game, everyone thinks you're cute because you're eight. If the cops try to shut you down, you post the bust on Instagram and in no time, you're viral.

It's not until you turn into Conrad Black that you have to worry.

You probably won't be surprised, but the Internet is full of advice for budding lemonade magnates. Ten tips for this, 15 tips for that. It gets so complicated, you might as well go straight to a food truck and skip the MBA altogether.

You really need to keep a couple of key points in mind:



**JUST SAYIN'**

**Paul Sullivan**

metronews.ca

Let's face it. Being cute is your primary product. It helps to have big eyes and dimples. The cuter you are, the more you can charge for the lemonade. If you're not cute, find a partner who is. Plus, if there's more than one of you, you're covered if you have to go to the bathroom.

And speaking of pricing, lemonade expert Norm Brodsky (there is such a thing) recommends charging \$1.25-\$1.50 a cup because you're cute. That's great, but discount pricing is more effective. Start with 99 cents a cup and escalate by 10 cents for every two-degree increase in air temperature. Cute is good, but thirsty is better. Of course, we don't have pennies anymore, but 99 cents still sounds like a bargain to potential customers and everyone's OK with rounding it up to a buck. If things are slow, offer the second glass free. Works at the outlet mall.

My other tip is don't go all artisan on your first try. Fresh-squeezed local organic lemonade may sound good, but it's expensive and labour-intensive. You want to spend your time counting

**Not just kiddie stuff**

**Just sit there and eventually everyone else will pack it in. Trust me, this works too. Even when you're all grown up.**

your profits, not squeezing lemons. You're looking for a reliable, tasty product, which is available at your friendly neighbourhood supermarket. Pour the carton into a jug filled with ice, and eureka: fresh lemonade, not from concentrate. Add a little sugar if you like. Works for Coca-Cola.

Don't worry about the competition. At this point, it's all about attention span, and you know from experience that the average eight-year-old's is about four seconds. Just sit there and eventually everyone else will pack it in. Trust me, this works too. Even when you're all grown up.

Finally, do not keep cash on hand. Never forget there are big kids out there who have their own business plan.

And welcome to the real world, sunshine!

## DUCKING BRILLIANT



Two-week-old ducks swim in a newly planted rice field on Tuesday in Ichikawa, Japan. Duck-rice farming, an eco-friendly alternative to using chemical pesticides, was developed by Japanese farmer Takao Furuno in 1989, who wrote a book about the technique called *The Power of Duck*. BUDDHIKA WEERASINGHE/GETTY IMAGES

### The Power of Duck: The cuter, more eco-friendly way to farm

Developed in 1989 by Takao Furuno, a farmer in Fukuoka prefecture in Japan who rediscovered a 1,000-year-old technique, duck-rice farming allows for the production of healthy and delicious rice while relying on less labour than other methods.

From its beginnings, it has made its way to nearby rice-

growing countries like South Korea, China, Vietnam, the Philippines, Thailand, and faraway ones like Iran.

Rice grown using this method is more resistant to typhoons and other problems, and some farmers who have begun using it have called it a "gift from God."

This method is beneficial from a cost standpoint in that farmers will no longer have to purchase expensive chemical fertilizers or pesticides.

And the fact that extra money can be made when the fully grown ducks are sold off is another factor that many find appealing. **WEB-JAPAN.ORG**

### No quackery here

The method involves releasing aigamo ducklings into a rice paddy about one or two weeks after the seedlings have been planted.

- The ducklings help the rice seedlings grow by eating both insects and weeds that get in the way.
- In addition, their droppings become an important source of natural fertilizer.

## METRO AUGMENTED REALITY

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## MetroTube

### Potential beary scary ending averted



**ANDREW  
FIFIELD**  
andrew.fifield@metronews.ca

Among the rites of spring and early summer are bears shaking off the cobwebs of a very long sleep and lumbering out into the world in search of some breakfast. Sometimes that search takes them into homes. Sometimes it takes them into vehicles.

However, sometimes it also takes them headfirst into a jar, a situation that can have a very sad end if they get stuck. Which is why we're happy for the efforts of heroes like these Wisconsin gentlemen, who enlisted the help of a tree-lugging hunk of heavy equipment called a forwarder to ride to the rescue. (Vern Styles/YouTube)



MARLENA SLOSS/THE JUNEAU EMPIRE/THE ASSOCIATED PRESS



# Monkey-maker shake up

## Suiting up as a simian.

Going ape gets simpler as new Dawn of the Planet of the Apes trades time in the make-up chair for the magic of digital



**IN FOCUS**  
Richard Crouse  
scene@metronews.ca

Roddy McDowell's 1974 appearance on the Carol Burnett Show was something a little different. How often do you see a big TV star singing a love duet with an ape?

Burnett introduced McDowell as, "one of Hollywood's most familiar faces," then feigned shock when the actor came onstage in a tuxedo, but in full Planet of the Apes facial make-up. McDowell starred in four of the Planet of the Apes films and in the TV series.

For the next few minutes they engaged in some tomfoolery — McDowell says he's been working on his tan in Palm Springs and when asked which of his movies has had the most profound effect on him he sidesteps the obvious and recites a soliloquy from Cleopatra — before launching into a spirited version of the Jerome Kern love ballad They Didn't Believe Me. By the end of the tune the audience roars as Burnett warbles, "When I told them how wonderful you are, they didn't believe me," as she mimes picking a bug off his lapel.

Later she thanks Roddy for undergoing the three-and-a-half hours it took to put on the make-up for that bit of funny business.

It's not likely you'll see Andy Serkis, star of the latest slice of simian cinema, Dawn of the Planet of the Apes, partaking in the same kind of promotional monkey business.

These days Serkis, who is



Andy Serkis in Dawn of the Planet of the Apes. CONTRIBUTED



Roddy McDowell in the original Planet of the Apes. CONTRIBUTED

## AUGMENTED REALITY

→ Want to watch something awesome? Scan this photo with your Metro News app to watch a video of the actors from Dawn of the Planet of the Apes transform into their ape characters.



→ See the full instructions on Metro's Voices page.

## Hair-raising experience

Times have changed since McDowell had to endure untold hours in the make-up chair, then smoke using an extra long cigarette holder so as not to light his faux fur on fire.

- "It's about a foot long and makes me look like the weirdest monkey you ever did see," McDowell told Newsday.

best known for his motion capture performance of Gollum in the Lord of the Rings films, performs on a soundstage in front of multiple cameras that film his performance from every angle. He wears a body suit dotted with spots that allow the computers to register even the slightest movement. Serkis calls this "a magic suit" that "allows you to play anything regardless of your size, your sex, your color, whatever you are." Later, in post production the "digital make-up" adds in the costume and character details.

It saves hours in the make-up chair, but is no less a performance than McDowell's more organic approach. "I've never drawn a distinction between live-action acting and performance-capture acting," Serkis says. "It is purely a technology. It's a bunch of cameras that can record the actor's performance in a different way.

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## Custody battle rattles Clay Aiken's political bid

Clay Aiken is eager to see his bid to become a North Carolina congressman through, but he may not like the scrutiny over his personal affairs his campaign is bringing — like a report that he's receiving monthly child support from his son Parker's mom, Jaymes Foster, as they continue a custody squabble over the 5-year-old boy, according to Radar Online. "The two have been in and out of court in Los Angeles over custody issues involving their son for the last two years. It's truly a sad situation. Clay and Jaymes used to be very, very good friends. She pays him a lot of money in child support each month," a source says.



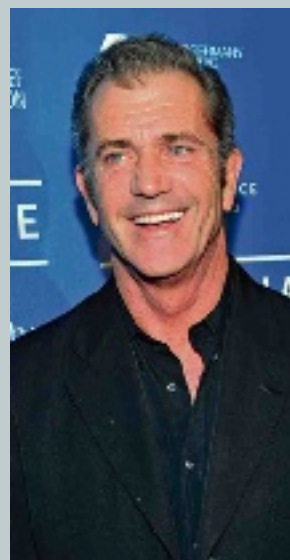
Clay Aiken

### The Word

## Gibson takes the Mel out of mellowed

**NED EHRBAR**  
Metro in Hollywood

Guys, seriously. Mel Gibson is super-tired of everyone always bringing up his past troubles — specifically that time he got popped for driving under the influence in Malibu, called a female cop some very colourful names and had a few things to say about the Jewish people. But that was, like, a long time ago. "It's behind me. It's an eight-year-old story," Gibson calmly explains to the Hollywood Reporter. "It keeps coming up like a rerun,



but I've dealt with it and I've dealt with it responsibly and

I've worked on myself for anything I am culpable for. All the necessary mea culpas have been made copious times, so for this question to keep coming up, it's kind of like ... I'm sorry they feel that way, but I've done what I need to do."

Also on the list of things Gibson doesn't want to talk about? His upcoming projects. "There are specific things, but I don't want to talk about them, you know why?" he said during the warm and fuzzy chat. "Because every time I do somebody else goes and does it. It's a kind of industrial espionage thing and they do it badly for TV."

Kind of makes you wonder why he even sat down for the interview at all. Oh, right. Expendables 3 comes out next month.



Jennifer Lawrence ALL PHOTOS GETTY IMAGES

## JLaw shows Emma Watson some goofy love with playful shove

Jennifer Lawrence is at it again. The Hunger Games star headed to Paris for the Christian Dior fashion show held during Paris Haute Couture Fashion Week looking lovely as always, though she did risk a wardrobe malfunction by almost flashing a bit of side-boob upon her arrival.

Not that she was at all fazed. Later, with a strategically placed leather jacket added to her outfit, Lawrence showed off her trademark goofiness while posing for photos with Harry Potter star Emma Watson, grabbing Watson's face and shoving it away playfully. That's our girl.



Sofia Vergara

## No ifs, ands, or butts, Sofia's got what True Blood star wants

Sofia Vergara apparently didn't want to stay single for long, as the Colombian beauty is reportedly dating True Blood star Joe Manganiello, according to People magazine. "They just started hanging out," a source says, though reps for both are keeping quiet about any shenanigans. Manganiello made no secret about his finding Vergara attractive while she

was engaged to ex-fiance Nick Loeb, though. "There was a picture someone snapped at the White House Correspondents' Dinner where they caught me looking at Sofia Vergara's butt," he previously told People. "I don't go after other people's women. She's got a guy. If she was single, I would be like, poof!" And now he has apparently been like, poof.

## Phone hack leaks are a tempest in a Demi-tasse for Lovato and Valderrama

There are apparently no hard feelings between Demi Lovato and Wilmer Valderrama after his phone got hacked last week, resulting in nude photos of Lovato making their way online — along with snarky comments calling the singer fat. But Lovato was all smiles beside Valderrama in photos posted to Instagram just a few days later of them hanging out in Las Vegas with some friends.



Demi Lovato



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# Set your sights on a stunning Slovenian cycling adventure

## Bike and beyond.

Think you're too old to withstand the rigours of an outdoorsy holiday? Nonsense!

RUTH  
ATHERLEY  
life@metronews.ca

My first reaction to the idea of taking BikeHike's active adventure tour to Slovenia and Croatia (the Alps to Istria) was: "What?", "Where?" and "Why?"

While I am healthy and reasonably fit, I thought I might be too old (over 40) for an adventure tour.

I couldn't have been more wrong.

In fact, more and more people over 40, 50, 60 and even 70 are choosing tours that take you outside the gates of an all-inclusive and into an incredible, active, authentic and connected experience.

After all, 60 is the new 40!

The fact that BikeHike Adventures is celebrating their 20th anniversary this year tells me that they have a lot of experience with these types of tours.

This tour is defined as "moderate," which means you need a reasonable fitness level because you bike, kayak or hike for up to five hours per day.

The good news is that a support vehicle follows the group in case someone needs a break.



All you need is a reasonable level of fitness to pedal through Slovenia. COURTESY BIKEHIKE, AR GALLERY: BIKEHIKE

The activity level is enough to make you feel like you accomplished something (and appreciate the glass of wine or cold beer at the end of the day), but doesn't push you beyond your limits. It offers a good balance of activity, relaxation and time to explore local culture.

This eight-day group trip, one of BikeHike's most popular European tours, begins in Slovenia and wraps up in Croatia.

BikeHike's maximum on any trip is 12 people, with a minimum of two, so it is always a small group. The

"land only" cost is \$2,999 U.S. per person (with no single supplement). It covers almost everything once you are on the ground, including the tour guide, transportation of your luggage, support vehicle, bikes, kayaks, most meals and accommodation.

Slovenia and Croatia are largely undiscovered gems, which means it is still possible to have an authentic, "non-touristy" experience.

The regions visited on this tour are a culinary and wine lover's paradise. They could be compared to some parts of Italy for food, wine

and history, but with their own unique and — as yet — undiscovered charm.

Along the way, there is an overnight stay in a mountain hut in the Julian Alps, hiking through green pastures and alpine mountains, cycling and several wine tastings through the Brda wine region (known as "Slovenian Tuscany").

This itinerary goes through lands of castles, vineyards, small white churches and friendly villages.

It is a perfect balance of the road less travelled and the opportunity to step into

## AUGMENTED REALITY

→ Want to see more? Scan this photo with your Metro News app for a gallery of images of BikeHike's tours of Slovenia and Croatia.

→ See the full instructions on Metro's Voices page.



a magical world full of history and charm — one that hasn't been overwhelmed by tour buses and big groups.

In Croatia, there is more vineyard cycling on the legendary route of the Parenzana, called "The Railway of Wine" — with a rich history of its own. Visiting local villages and medieval towns along the route brings the past alive.

Meeting locals, making friends in the small tour group, and stepping into moments right out of history creates once-in-a-lifetime memories different from anything you could possibly expect.

Sometimes moving out of your comfort zone takes you into amazing experiences that you never could have imagined and, now, never want to forget.

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Columbus Circle is great for people watching. ISTOCK

# If your vagabond shoes are longing to stray...

**New York City.** Canuck Broadway singer dishes on her favourite haunts in the city that doesn't sleep



**ON THE MOVE**  
Loren Christie  
life@metronews.ca

Canadian singer and recent Dora award winner Melissa O'Neil is currently starring in the Broadway production of Les Misérables. I asked her to share some of her favourite New York City haunts.

**Where do you grab a bite?** Most tourists in NYC find themselves in the Times Square area. If you go just a couple of blocks west you are in Hell's Kitchen, the hub of everything food. Especially

9th Avenue. I love Vynl cafe; food is amazing and everything is about music. Blossom du Jour at 43rd is vegan fare. They have seitan sandwiches, amazing juices and the squishiest cookies. It is easy to get sucked into pizza joints, but don't. Head to the smaller independent places that use quality ingredients. Grab food to go and find an outdoor park. I like to go to Columbus Circle. If you sit on one of the elevated areas you can see everything; the skateboarder, the business man harrumphing at the skateboarder and the beautiful model lady walking by.

**What about a watering hole?**

The Rum House on 47th, the decor is dark, romantic and small. They have a huge fan that looks like a plane propeller turned on its side. There is always live music and the servers are great. I usually get

## Quoted



**"I love the museums. Almost all of them are by donation."**

**So if you have an hour to spare, pop them \$5 and go wander around."**

Canadian singer Melissa O'Neil

sipping tequila or a scotch.

**What do you do when you are not working?**

I love the museums. Almost all of them are by donation. So if you only have an hour to spare, pop them \$5 and go wander around. I really like dinosaurs, so the Natural History Museum is pretty cool. The Cloisters is all medieval stuff, huge old tapestries that are really lovely.

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# Making the most of shmoozing solo

**Networking without a net.** If you're off to a professional event without an entourage, it's best to prepare a plan in advance

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For some people, it's a nerve-racking situation. Others don't like the small talk.

Even if they make you cringe, networking events are extremely valuable. They are an opportunity to explore the career options in a profession by speaking to those already working in it — and start making professional connections.

Here are a few tips that might also help you.

## Do some extra preparation

Whether you're a seasoned networker or a networking novice, it can be a little intimidating to walk into a room full of strangers.

## Help me hustle

**If you have absolutely no idea where to start at an event, just ask the team who put it together.**

If you're not used to attending events solo, spend extra time preparing. Try and set some tentative goals for the event. Are you looking to make a connection with a particular person or organization? Is there an industry career question you want to explore with an expert?

It's also a good idea to review your past work experience and identify some of your major accomplishments and interesting experiences — these can come in handy if a conversation ends up focused on you.

## Talk to the event organizers

If you have absolutely no idea where to start at an event, just ask the team who put it together. Try to find out the names of the organizers online before at-

## Food for thought

**Stand by the bar or near the snacks:**

- Don't lurk in a corner! People will notice and you'll attract attention to yourself in a negative way.
- At networking events, most people will travel to the bar or food areas at least a few times. These locations are spots where you can easily start a conversation. Recommend a drink or snack option, and

then proceed to introduce yourself.

- If you'd like to hear more from someone about their company or get career advice, ask if they'd like to join you at a table to continue the conversation. If the person has coworkers or friends at the event, tell them you'd appreciate being introduced so you can learn more about different facets of the industry.

tending the event — that way you know who to look for. Usually, you'll find the organizers near the entrance.

Introduce yourself and thank the organizers for putting the event together, then explain why you're attending.

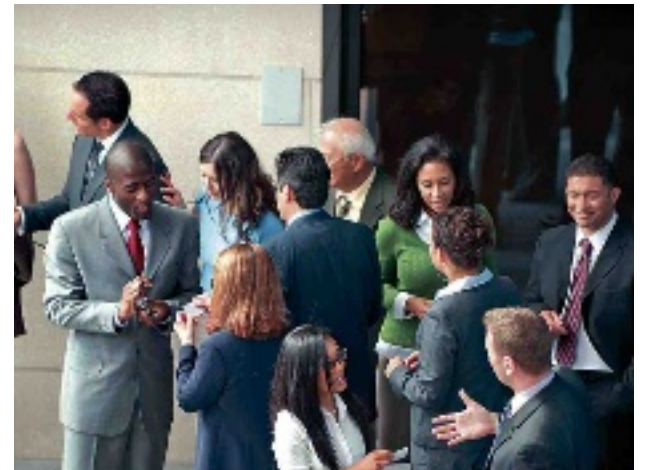
There's a good chance the event organizers will have already connected with a number of people at the event. Ask if they're able to introduce you to someone who might be in

your field or working at a company you'd like to learn more about.

## Be bold and approach a table

Remember, the purpose of a networking event is to meet new people and increase your connections. There is no reason to be afraid to approach others.

Try to find a table with a couple of empty chairs and politely ask if you can join the



Entering any networking event with a clear objective will help you act with purpose. Then you won't have to wait awkwardly for conversations to come to you. ISTOCK

group.

Introduce yourself, and contribute to the conversation.

Make sure to listen attentively and ask engaging questions — don't make the conversation about you.

When you decide it's time to leave, don't get up and walk away. Take a little time to say goodbye to people you had

promising conversations with, and make sure you get the contact information of people you would like to connect with later. And don't forget, be sure to always thank the organizers as you leave the event.

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# Face feedback positively and professionally

**Reviewing your review strategy.** What's the best way to receive constructive criticism from your supervisor?

LAKSHMI  
GANDHI  
Metro World News

The annual performance review can be nerve-racking for even the most confident of employees.

And according to a new book by Harvard Law professors Douglas Stone and Sheila Heen, many managers say they hate giving feedback.

So how can workplaces break this vicious cycle? Douglas Stone shares these suggestions.

## Go into the meeting prepared

"Ask yourself: What's the worst that can happen?" says Stone. "We often have a tendency to exaggerate the extent of the feedback. Let's say I tell you, 'You are singing off-key.' In your head, you might be thinking, 'He's saying that I'm awful and that I might never get another job.' But all I'm really saying is that



Remember that a performance review is intended to be helpful, rather than hurtful. ISTOCK

you are singing off-key."

## Ask for specifics

The term "feedback" is so broad that supervisors may not know where to start. "Instead, just ask for one thing," Stone says. "Say you are trying to get better in general, and ask if there is one thing that you should work on."

**Say what you mean**

Managers should try to be as clear as possible when giving feedback, says Stone. "Take an employee who is told something like, 'You have to be assertive,' or 'Take more initiative.' Those kinds of phrases don't have independent meaning." Instead, he suggests that managers give an example of what they'd like to see.

**Take the feedback in good**

## faith

Stone says that there are two reactions most people have to feedback.

"No. 1 is that it is upsetting," he says.

"No. 2 is that it is wrong. (So) the question is: Is it wrong or not? We dismiss feedback because we believe it is wrong. Let's say someone says you are aloof, and you think 'I'm not aloof, I talk to my co-workers.' It's important to think of what else that could mean. Ask yourself, 'Am I aloof with the clerical staff? Am I aloof with supervisors?'"

## Know yourself

If you think you may have a tendency to take feedback very personally, Stone says it's important to take a step back.

"It's knowing your own patterns of behaviour and being aware that we exaggerate (the severity of the criticism)."

As for readers who feel like a bad performance review is the end of the world, he says they should do this very simple thing: "Ask yourself, am I always going to feel that way?"

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# How to make sure you shine online

**Screen yourself.** Six ways to make your web presence worthy of praise pre-interview

JUSTIN  
MATHEWS  
TalentEgg.ca

Like any good job seeker, chances are you've done your homework on the company you've just sent an application.

But do you know what they'll find when they research you?

It's no secret that employers have taken to Googling potential candidates in order to fill their positions. In fact, 80 per cent of employers Google job seekers before inviting them to an interview. This means ensuring that your online presence is squeaky-clean is a must. Here are six quick steps to get you started.

## Google yourself

The preliminary step. You've done it before, you should

## Live in the now

**Your last tweet shouldn't be from 2011, and you should be doing more than hitting the retweet button.**

probably do it again — and continue to do so from time to time. This will give you an immediate assessment of your public digital footprint.

If you aren't paying attention and checking on a regular basis, you may have to scramble to curate your online presence, hoping that no one important has looked you up.

## Get public

Being invisible online is a big red-flag to employers, as it may suggest that you have something to hide — or that you have nothing to share.

Your digital footprint or public profile should not only be visible, but readily accessible: this means LinkedIn, Twitter, Facebook and/or Google+.

Your presence should also demonstrate activity. Your last tweet shouldn't be from 2011, and you should be doing more than hitting the retweet button.

## Have a picture (everywhere)

We all like to place a face to a name. Make sure your online networks and/or website have a professional photo of you.

The photo doesn't to be taken by a professional, but should be a well-lit headshot in professional or business casual attire. No passport photos please. It helps to have a consistent headshot across your online networks.

## Show your work

An online portfolio not only helps you share your work with the public — it also provides some handy corroboration for the claims you make on your resumé and cover letter.

Different platforms exist to help you repackage your skills, experience and past projects in engaging, visually-friendly ways.

You can even reserve your



If Google's go-to image of you was taken on a particularly wild night out, you might want to take steps to see that the photo is removed. ISTOCK

own domain to showcase your online portfolio, particularly if you are a writer, photographer or artist — even if it's just a hobby.

## Post professional or PG

Insensitive jokes, inappropriate pictures, hot-topic opinions and badmouthing past and present employers are all sure-fire ways

to get fired — or get screened out.

Twitter is a particularly public forum, and employers will routinely scour a potential candidate's Twitter handle to determine if he/she is suitable for the position, as well as the company's working culture.

A rule of thumb: If you can't keep it professional, keep it PG.

## It's all about credibility

The bottom line is that employers are assessing your credibility as a potential candidate.

- Are you the professional you say you are on your cover letter and resumé?
- Remember, employers receive an endless number of applicants and need a reason to weed out and shortlist.
- By assessing your digital footprint, employers can confirm your work experience and accomplishments but can also get an initial sense of who you are off-paper, and whether you're a fit — before the interview process even begins.

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# Forget forks with Frittata Fingers

**Dinner.** Cut it up or keep it whole, no matter how you slice it, this easy meal will satisfy everyone at your table



**DINNER EXPRESS**  
Emily Richards  
food@metronews.ca

Change things up for a fun and casual dinner that your family will love.

Bake this frittata and cut it up into finger size pieces to serve up as an appetizer or to pack up in a container to take on the road. You can also leave the frittata in larger pieces for the adults but young kids will love the ease they can pick up their dinner with.

Serve them up with a salad for some added crunch and freshness.

Have fun and enjoy a casual laid back dinner. With sweet summer raspberries in the salad you'll have a delicious ending to your day.

**1.** In 10 inch (25 cm) oven-proof nonstick skillet, heat oil over medium heat and cook, stirring often, potatoes, onion, pepper and garlic for 10 minutes or until golden.

**2.** In a bowl, whisk together eggs and egg whites, oregano and black pepper. Pour evenly over vegetables in skillet and move around for egg to sink to the bottom. Place in preheated 375 F (190 C) oven for about 12



**START TO FINISH ABOUT 30 MINUTES**

This recipe makes six servings. EMILY RICHARDS

minutes or until knife inserted in centre comes out clean and top is light golden. Run a spatula around edge and gently slide the frittata onto cutting board; let cool slightly. Cut into 12

thick finger size pieces to serve.

## Fresh Raspberry Salad

Choose fresh spring mix and full ripe raspberries for this sweet and sour salad.

Be sure to toast your nuts in the oven or in a dry skillet for optimum flavour.

If you are going to a potluck be sure to bring your dressing separately and toss once you are there to enjoy.

**1.** In large bowl combine spring mix, shallot, carrot and half of the raspberries; set aside the other half.

**2.** Place remaining raspberries in a fine mesh sieve and

## FLASH FOOD



From your fridge to your table in 30 minutes or less

## Ingredients

### Frittata Fingers

- 2 tsp (10 ml) extra virgin olive oil
- 2 potatoes, diced (about 8 oz/227 g total)
- 1 onion, diced
- 1 green pepper, diced
- 2 cloves garlic, minced
- 3 eggs
- 3 egg whites
- 1 tbsp (15 ml) chopped fresh oregano or 1 tsp (5 ml) dried oregano leaves
- 1/4 tsp (1 ml) fresh ground black pepper

### Fresh Raspberry Salad

- 8 cups (2 l) spring mix greens
- 1 shallot, thinly sliced
- 1 carrot, shredded
- 2 cups (500 ml) fresh raspberries
- 2 tbsp (25 ml) extra virgin olive oil
- 1 tbsp (15 ml) red wine vinegar
- 1 tbsp (15 ml) chopped fresh chives
- 1/2 tsp (2 ml) Dijon mustard
- 1/4 tsp (1 ml) pepper
- 1/3 cup (75 ml) slivered almonds, toasted

using a spatula press them through into a small bowl to remove the seeds. Discard raspberry seeds. Whisk in oil, vinegar, chives, mustard, and pepper into the raspberry puree. Drizzle over salad greens and toss to coat. Sprinkle with almonds.

# Six scrumptious shades of green

**1.** Bring a large pot of salted water to a boil. Fill a large bowl with ice water and have it near the stove.

**2.** Add the green beans to the boiling water and blanch for 1 to 2 minutes, or until crisp-tender and bright green. Use a slotted spoon to quickly transfer them from the boiling water to the ice water. While the green beans cool, add the asparagus to the boiling water and blanch for 3 to 4 minutes, depending on the thickness of the stalks, until just barely tender.

Transfer the asparagus to the ice water with the green beans.

**3.** Once they have cooled, drain the green beans and asparagus, pat them dry and transfer to a large bowl. Add the snow peas and zucchini.

**4.** In a small bowl, whisk together the olive oil, shallot, orange zest and juice, vinegar and mustard. Season with salt and pepper. Pour the dressing over the vegetables and stir gently to coat well. For best flavour, allow the vegetables to mar-

inate in the dressing for at least 30 minutes.

**5.** Serve topped with sliced

avocado, grated manchego cheese, sprigs of dill and a drizzle of honey.

THE ASSOCIATED PRESS

## Ingredients

- 12 oz fresh green beans, cut into 2-inch pieces
- 1 bunch asparagus, cut into 2-inch pieces
- 1 cup snow peas, sliced lengthwise
- 1 medium zucchini, halved, seeds scraped out, then cut into thin half moons
- 2 tbsp extra-virgin olive oil
- 2 tbsp grated shallot
- Zest and juice of 1 orange
- 2 tbsp sherry vinegar
- 1 tsp Dijon mustard
- Kosher salt and ground black pepper
- 1 avocado, sliced
- Manchego cheese, to serve
- Fresh dill, to serve
- Honey, to serve



This recipe serves six. MATTHEW MEAD/THE ASSOCIATED PRESS



NHL

## Senators keep Grant in the mix

The Ottawa Senators have re-signed defenceman Alex Grant to a one-year, two-way contract.

Grant, 25, was acquired by Ottawa from the Ducks in exchange for forward Andre Petersson on March 5. Following the trade, he was assigned to Birmingham of the American Hockey League, where he recorded 10 points (two goals, eight assists) and six penalty minutes over 19 games. **THE CANADIAN PRESS**

Tour de France

## Kittel adds to his stage win total

Marcel Kittel sprinted to his third stage victory at the Tour de France on Tuesday, while defending champion Chris Froome had a scare in a crash that scuffed his left knee and elbow and injured his wrist.

Astana team leader Vincenzo Nibali of Italy retained the yellow jersey. **THE ASSOCIATED PRESS**

NBA

## James tight-lipped about meetings

LeBron James held meetings for more than three hours in a Las Vegas hotel Tuesday, leaving without giving any indication of what team he'll play for next season.

The four-time MVP declined to say who he had met with on Tuesday or whether he had made a decision about where he'll play next.

**THE ASSOCIATED PRESS**

# The semifinal of schadenfreude

**World Cup.** Germans break hearts of a nation after breaching Brazilian defence early and often

With Neymar out injured, just about everyone in Brazil knew it would be tough against Germany.

Nobody ever expected this.

The Germans tore apart Brazil's porous defence time and time again Tuesday, routing the hosts 7-1 in the World Cup semifinals, the largest margin of defeat at this stage in the history of the tournament.

"We wanted to make the people happy ... unfortunately we couldn't," said Brazil defender David Luiz, who had scored in each of the last two matches. "We apologize to all Brazilians."

The astounding scoreline is sure to overshadow Miroslav Klose's record-setting 16th career World Cup goal. The strike pushed Klose past Brazil great Ronaldo, who was at the Mineirao Stadium on Tuesday as the Germans advanced to their eighth World Cup final.

Germany will face either Argentina or the Netherlands on Sunday at the Maracana Stadium in Rio de Janeiro with a chance to win for the fourth time.

Brazil was playing without Neymar, who was ruled out of the tournament with a broken vertebra, and suspended captain Thiago Silva.

The atmosphere at the start of the match was spine-tingling, but the euphoria of the



Brazil's Oscar falls to the pitch as the Germans celebrate their 7-1 win on Tuesday at Mineirao Stadium in Belo Horizonte. ROBERT CIANFLONE/GETTY IMAGES

Semifinal

7

Germany

1

Brazil

yellow-shirted thousands soon turned to tears as the Germans scored five goals in the first 30 minutes — four of them in a seven-minute span.

The loss matched Brazil's

most-lopsided defeat ever, and it's the first time the team has lost in an official competitive match on home soil since 1975, when Peru won 3-1.

Toni Kroos and Andre Schuerle scored two goals each, while Thomas Mueller and Sami Khedira added the others. Oscar pulled a late goal back for Brazil.

"Brazil was shocked after the goals. They did not expect that. They did not know what to do," Germany coach Joachim Loew said. "Their defence was not organized. A little humble-

## AUGMENTED REALITY

→ Scan the image with the Metro News app to view more images of Tuesday's game.

→ See the full instructions on Metro's Voices page.



ness would not hurt now."

**THE ASSOCIATED PRESS**

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Ask your retailer for the EnerGuide information. <sup>1</sup>2014 Dodge Grand Caravan 3.6L VVT V6 6-speed automatic – Hwy: 7.9 L/100 km (36 MPG) and City: 12.2 L/100 km (23 MPG). 2014 Dodge Dart 1.4L I-4 16V Turbo – Hwy: 4.8 L/100 km (59 MPG) and City: 7.3 L/100 km (39 MPG). 2014 Dodge Journey 2.4 L with 4-speed automatic – Hwy: 7.7 L/100 km (37 MPG) and City: 11.2 L/100 km (25 MPG). 2014 Jeep Cherokee 4x2 2.4 L I-4 Tigershark™ MultiAir® – Hwy: 6.4 L/100 km (44 MPG) and City: 9.6 L/100 km (29 MPG). <sup>2</sup>Wise customers read the fine print: 0, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100. <sup>3</sup>2014 Dodge Journey SXT Ultimate Journey Package (JCDP4928K) model based on the following MSRP options: \$1,475 Flexible Seating Group, \$1,200 Rear Seat DVD, \$525 Convenience Group, \$2,645 Navigation & Sound Group and \$1,295 Sunroof. See your retailer for complete details. <sup>4</sup>Discounts available at participating retailers on the purchase/lease of only the following new vehicles. 2014 Dodge Grand Caravan SXT with Ultimate Family Package (RTKH5329G) model based on the following MSRP options: \$850 Climate Group, \$1,925 Single DVD Entertainment, \$1,500 SXT Plus Group and \$850 Uconnect Hands-Free Group. \$7,140 in Package Value available on the new 2014 Dodge Journey SXT Ultimate Journey Package (JCDP4928K) model based on the following MSRP options: \$1,475 Flexible Seating Group, \$1,200 Rear Seat DVD, \$525 Convenience Group, \$2,645 Navigation & Sound Group and \$1,295 Sunroof. See your retailer for complete details. <sup>5</sup>Based on 2014 Ward's Best Interiors award. <sup>6</sup>Based on 2014 IIHS Top Safety Pick award. <sup>7</sup>Based on 2014 Ward's Best Interiors award. <sup>8</sup>Based on 2014 IIHS Top Safety Pick award. <sup>9</sup>Based on 2014 Ward's Best Interiors award. <sup>10</sup>Based on 2014 IIHS Top Safety Pick award. <sup>11</sup>Based on 2014 Ward's Best Interiors award. <sup>12</sup>Based on 2014 IIHS Top Safety Pick award. <sup>13</sup>Based on 2014 Ward's Best Interiors award. <sup>14</sup>Based on 2014 IIHS Top Safety Pick award. <sup>15</sup>Based on 2014 Ward's Best Interiors award. <sup>16</sup>Based on 2014 IIHS Top Safety Pick award. <sup>17</sup>Based on 2014 Ward's Best Interiors award. <sup>18</sup>Based on 2014 IIHS Top Safety Pick award. <sup>19</sup>Based on 2014 Ward's Best Interiors award. <sup>20</sup>Based on 2014 IIHS Top Safety Pick award. <sup>21</sup>Based on 2014 Ward's Best Interiors award. <sup>22</sup>Based on 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## 2014 Honda Odyssey

## Market position

## Points

## Interesting features

- **Type.** Four-door, 7- or 8-passenger full-size minivan
- **Engines (hp).** 3.5-litre V6 with cylinder deactivation (248)
- **Transmission.** Six-speed automatic
- **Base price.** Base \$29,990, as-tested \$32,045 (plus destination)

Only a handful of competitors remain in this segment, and manufacturers offer numerous features — along with incentives — to woo buyers away from alternatives. Honda scores with an excellent powertrain and roomy interior.

- The top-line Touring includes an integrated vacuum cleaner to handle the inevitable minivan messes.
- Improvements to the 2014 model include minor styling changes, four-way power passenger seat on all models, and on the EX and up, a blind-spot display that shows up in the centre screen.
- The set-back front centre console leaves enough floor



The Odyssey handles extremely well, offering a car-like ride.

space so a purse or pack can be kept within easy reach.

Rear-view camera, second-row climate controls, eight-way power driver's seat, Bluetooth streaming audio, front-seat anti-whiplash head restraints, three-row curtain airbags with rollover sensor.

# This isn't your mother's minivan

PHOTOS: JIL MCINTOSH



## Compare

PHOTOS: CONTRIBUTED



**1 Dodge Grand Caravan**  
Base price: \$27,995  
The "original minivan" still scores on price and its exclusive fold-into-the-floor second-row seats.



**2 Toyota Sienna**  
Base price: \$29,120  
Great performance and comfortable ride make this the Odyssey's closest competitor, but it can get pricey.



**3 Kia Sedona**  
Base price: \$28,695  
Expect deep discounts on 2014s in preparation for the all-new 2015 model's arrival.

**Review.** The Honda Odyssey offers light steering, a smooth, car-like ride and decent fuel economy

JIL  
MCINTOSH  
drive@metronews.ca

At one time, minivans were the top choice for family vehicles, but they fell out of favour as buyers went to SUVs and crossovers. Still, you can't beat them for moving a full load of passengers and cargo, and Honda's Odyssey is a standout.

It's pricey, ranging from \$29,990 for the base LX to

a high of \$48,050 for the top-line Touring, but you do get a lot of features for the money. My tester was the SE, the next trim up from the base model, at \$32,045.

The Odyssey uses a 3.5-litre V6 engine with a nifty cylinder deactivation feature. When you don't need full power, such as when you're cruising at a steady speed, the engine can run on four or even three cylinders to save fuel. It happens automatically, and so smoothly that it's almost impossible to feel the engine switch over. I averaged just 9.2 L/100 km in it, which is pretty good for a van this size, especially since I drove it most of the time with it loaded up.



Honda's Odyssey features power front seats and a removable front console box.

Part of that fuel economy is also due to its six-speed automatic transmission, which is now used on all trim lines. On the 2013 models, only the top-end

Touring had it, with all others using a five-speed automatic.

For its size, this minivan handles extremely well, with light but accurate

steering, and a car-like ride that's smooth, but not so soft that it wallows around turns.

The Odyssey is definitely designed for practicality. There's a lot of room for accessing the third row, and the seats are very easy to fold flat when you need extra cargo space. The front console box can be taken out if desired, and the middle seat in the second row slides forward so those in the front can attend to a child in that seat.

Even the base trim line includes power front seats, a rear-view camera, Bluetooth, and USB interface. Before you automatically head to the SUVs, give the minivan one more look.

# 5 DRIVE



# Top money wasters for your ride

Whether it's an add-on cosmetic upgrade, a go-fast engine part, some electronics, cleaning products or even a pour-in-your-tank-for-fifty-horses additive, the options to enhance your ride seem limitless. There's just too much cool stuff on the market that you DON'T have. But with more products and more marketing come more ways to potentially waste great piles of one's time, patience and hard-earned cash. Here's a look at some products that are just a plain waste of your money, depending on how and what you drive.

JUSTIN PRITCHARD  
drive@metronews.ca

## High-octane gas

If your car requires 87 octane and you feed it pricier 91 or 94 octane hoping for some performance benefit, you're wasting about 15 cents a litre. Higher-octane fuel has no additional energy — so it won't make your stock Honda Civic or Chevrolet Cavalier a spec more powerful. Unless you're driving a high-performance car that's factory-engineered to run high-test fuel, save your money. Your owner's manual has the scoop on the grade of fuel your ride needs.



## Expensive synthetic oil

Synthetic oil offers protection designed for high-performance, track-going Porsches, Ferraris and Lamborghinis. Even if you consider yourself an aggressive driver and often redline first and second gear on the street, your engine won't generate enough heat to break down conventional oil — let alone synthetic. Translation? Synthetic oil can amount to expensive overkill. Synthetic oil has other benefits, but do your homework to make sure you're not wasting your money.

## Monster truck tires

They're everywhere: bro trucks. These jacked-up Tundras and Titans and F250s tower above traffic, take up multiple parking spaces at Sears and frighten folks driving Miatas and smart cars. You probably want one. Just remember — those giant monster truck tires will reduce your truck's ability to handle properly on pavement, use up considerable additional fuel, throw off your speedometer and typically make helicopter noises at highway speeds. Lift kits are great for off-roaders — but they can adversely affect handling, suspension durability and aerodynamics, too.



## Brake 'upgrades'

Slotted and cross-drilled brake rotors or "track" brake pads are designed to maintain consistent stopping performance when exposed to the extreme levels of heat generated by driving on a racetrack. Driving on the street doesn't generate these levels of heat, so in a car driven exclusively on the road, fancy brake parts are a cosmetic upgrade and little else. Some "track pads" offer limited performance until they're hot — meaning that on the street, stopping power could suffer if you use them.



## Anything claiming to add 25 horsepower for \$9.99

As a general rule, avoid chips, modules or pour-in-tank products sold at department stores, auto centres or online that say things like "+25 Horsepower" on the package. These are typically bogus and targeted toward shoppers with mullets who drive early-90s pickups covered with peel-and-stick chrome. Remember, too, that vague marketing verbiage including "up to," "may" or "can" are used to protect from false advertising claims. That new air filter "can" add "up to" 20 horsepower — but if it adds 0 horsepower, the claim isn't a lie. Plus, without a dyno, you'll never know the difference anyway. On another note, an air filter won't add 20 horsepower — unless the one you're replacing was made of concrete.



## EBay exhaust

Be weary of "cheap" exhaust headers, downpipes, mufflers and other parts. Skimping on things attached to your engine is a bad idea — especially when it comes to exhaust parts. Low-quality, knock-off pieces often leak, crack, split and cause major headaches. Plus, they're often time-consuming to remove and reinstall. Seek high-quality parts — and save yourself the headache.



# ARCHANGEL

REAL TESTIMONIAL

I was so sick and not able to get out of bed, nobody knew what was wrong with me. I looked for answers and wasn't able to find any until I went to ARCHANGEL, he was the only one able to get rid of the evil that was affecting my health. Thanks ARCHANGEL thanks to you I live well again.

— MONICA SMITH

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- I know how to resolve the difficult and impossible
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- Through the angels, archangels and cherubs, I purify homes and businesses of any evil
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## AUGMENTED REALITY

**Stuck on 12 Across?**  
**Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**



→ See the full instructions on Metro's Voices page.

### Horoscopes by Sally Brompton

#### ♈ Aries

**March 21 - April 20**

Follow your instincts wherever they take you and don't worry that you can't yet see your ultimate destination. It's the journey that matters.

#### ♉ Taurus

**April 21 - May 21**

The grass often looks greener on the other side but the planets warn you should stay right where you are. If you are thinking of changing your job, you are advised to think again.

#### ♊ Gemini

**May 22 - June 21**

Try not to be suspicious if someone offers you what you really desire today. It could be a trick, but it they could also just want to see you happy.

#### ♋ Cancer

**June 22 - July 23**

Things may seem dull but that will soon change. The full moon in Capricorn on Saturday will compel you to get serious about something that could change your life.

#### ♌ Leo

**July 24 - Aug. 23**

Try something you have not tried before. The Sun's link with Saturn, planet of success, indicates that if you make an effort you will accomplish something out of the ordinary.

#### ♍ Virgo

**Aug. 24 - Sept. 23**

If you've fallen behind in your work, now is the time to catch up. The planets will give you the energy to get things done but don't go too far.

#### ♎ Libra

**Sept. 24 - Oct. 23**

Others may tell you that your recent good fortune was pure luck but you know better. You are the kind of person who is never satisfied with things as they are. Keep reaching.

#### ♏ Scorpio

**Oct. 24 - Nov. 22**

At home and work you'll have to watch what you say over the next 24 hours as there are some fragile egos out there. You don't need to make more enemies. Think before you speak.

#### ♐ Sagittarius

**Nov. 23 - Dec. 21**

You may have to get tough, especially when dealing with people who try to play down your achievements, but you'll make a good impression on those who matter.

#### ♑ Capricorn

**Dec. 22 - Jan. 20**

You don't need to change direction, no matter what people might say. You are where you are meant to be and you are following the path that was designed for you.

#### ♒ Aquarius

**Jan. 21 - Feb. 19**

The tighter you hold on to something over the next few days, the more painful it will be when the full moon takes it from you during the weekend.

#### ♓ Pisces

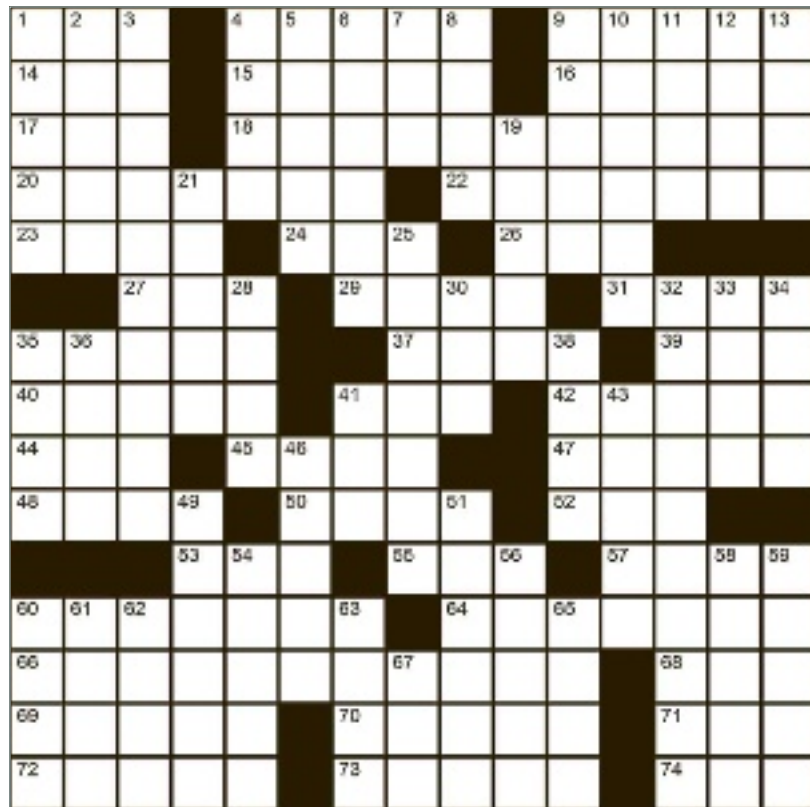
**Feb. 20 - March 20**

If you give up on a project now you will regret it later in the year when you realize how close you were to success.

### Crossword: Canada Across and Down by Kelly Ann Buchanan

#### Across

1. Mil. rank
4. Swedish cars
9. Islamic leaders
14. Irish actor Stephen
15. Permeate
16. Volume units
17. Vase
18. Father of Confederation who has a Toronto college named after him: 2 wds.
20. Patrick of "The Red Green Show"
22. Summery shoes
23. Sweat droplet
24. 'Sub' finisher (Residential area)
26. Compass dir.
27. US teeth docs org.
29. Stupefy
31. \_\_\_ and void
35. Pesto ingredient
37. \_\_\_ me tangere (Touch-me-not)
39. New
40. Some Miller beers
41. SSW's opposite
42. E-Mail: Multiple-people-sending
44. "\_\_\_ to Newfoundland" (The Rock's provincial song)
45. Herman Melville tale
47. Breaching beasts
48. Nunavut, e.g.
50. Curve
52. No
53. 'Eight' ender
55. Ms. Ripa, briefly
57. Frosted
60. "Well done!": 2



70. wds.

64. Another type of performer at #32-Down
66. Montreal's Mount Royal is part of the \_\_\_ Hills
68. Pique
69. Stand-up
70. Judy Garland's

- daughter Ms. Luft
  71. Aussie songstress
  72. Paper piece
  73. Jumbo
  74. Keanu character
- Down**
1. Cookie droplet
  2. \_\_\_ Rock (Gulf of St. Lawrence attraction)
  3. Ontario cheese

- which is Frome's (a British cheese show since 1861) reigning Global Supreme Champion
4. Billboard
5. "Can I have \_\_\_ please?" (Diner's request)
6. On the ship

7. Office, briefly
8. Portions, briefly
9. Literary IDs
10. 'See History Unfold' city in southern Manitoba
11. Old World buffalo
12. Whimper
13. US IDs
19. Painting stand

21. "The Munsters" son
25. Fry bread of Inuit cuisine
28. Too
30. Ms. Saldana
32. Edmonton International Street Performers Festival type of performer
33. Ms. Dunham
34. Chopped tree parts
35. Ink stain
36. Parliament Hill worker
38. PC picture
41. Scand. land
43. Late night's Mr. Ferguson
46. Nobleman's home
49. Power suit accessory: 2 wds.
51. 1976 Joni Mitchell album taken from the Arabic word for Muhammad's journey from Mecca to Medina
54. Expel
56. Reality star Ms. de Lesseps
58. Uncanny
59. Apprehension
60. Lettered trucks
61. "Woow!"
62. "Lean \_\_\_" by Bill Withers
63. Brussels is its cap.
65. Fly type
67. "There but for the grace of God, \_\_\_"

### Yesterday's Crossword

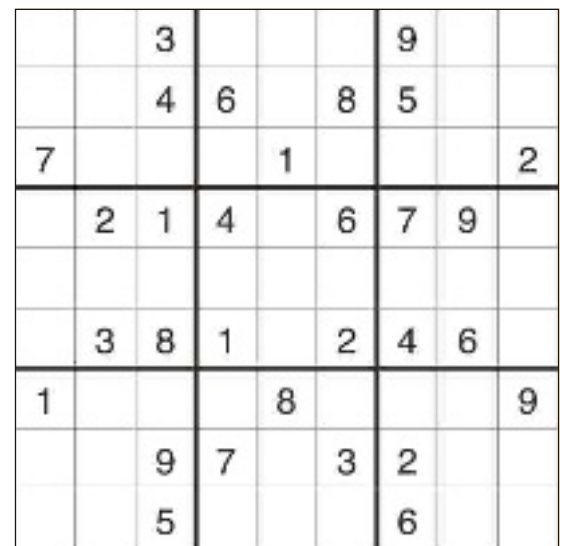


### Sudoku

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

### Yesterday's Sudoku



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**96** MONTHS  
FINANCING  
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GLS model shown\*

HWY: 5.3L/100 KM  
CITY: 7.5L/100 KM\*



2014 "Highest Ranked  
Small Car in Initial  
Quality in the U.S.<sup>Δ</sup>"

2014 **ACCENT 4DR L**

**WAS**  
~~\$15,180~~ **NOW**  
**\$10,495<sup>‡</sup>** INCLUDES  
**\$4,685**  
IN PRICE ADJUSTMENTS<sup>Ω</sup>

**WELL EQUIPPED:**

1.6L GASOLINE DIRECT INJECTION ENGINE • POWER DOOR LOCKS • VEHICLE STABILITY MANAGEMENT  
ACCENT L 6-SPEED MANUAL. \$4,685 IN PRICE ADJUSTMENTS<sup>Ω</sup>, FEES, DELIVERY & DESTINATION INCLUDED. PLUS HST.



Limited model shown\*

HWY: 5.3L/100 KM  
CITY: 7.6L/100 KM\*



2014 "Highest Ranked  
Compact Car in Initial  
Quality in the U.S.<sup>Δ</sup>"

2014 **ELANTRA GL**

**WAS**  
~~\$20,180~~ **NOW**  
**\$15,995<sup>‡</sup>** INCLUDES  
**\$4,185**  
IN PRICE ADJUSTMENTS<sup>Ω</sup>

**WELL EQUIPPED:**

AIR CONDITIONING • HEATED FRONT SEATS • REMOTE KEYLESS ENTRY WITH ALARM • BLUETOOTH® HANDS-FREE PHONE SYSTEM  
ELANTRA GL 6-SPEED MANUAL. \$4,185 IN PRICE ADJUSTMENTS<sup>Ω</sup>, FEES, DELIVERY & DESTINATION INCLUDED. PLUS HST.



Limited model shown\*

HWY: 5.8L/100 KM  
CITY: 8.5L/100 KM\*

2014  
**SONATA  
GL AUTO**

**WAS**  
~~\$25,830~~ **NOW**  
**\$19,995<sup>‡</sup>** INCLUDES  
**\$5,835**  
IN PRICE ADJUSTMENTS<sup>Ω</sup>

**WELL EQUIPPED:**

BLUETOOTH® HANDS-FREE PHONE SYSTEM • ELECTRONIC STABILITY CONTROL • HEATED FRONT SEATS • REMOTE KEYLESS ENTRY WITH ALARM  
SONATA GL AUTO. \$5,835 IN PRICE ADJUSTMENTS<sup>Ω</sup>, FEES, DELIVERY & DESTINATION INCLUDED. PLUS HST.



Limited model shown\*

HWY: 7.3L/100 KM  
CITY: 10.2L/100 KM\*

2014  
**SANTA FE  
SPORT 2.4L FWD**

**WAS**  
~~\$28,730~~ **NOW**  
**\$24,995<sup>‡</sup>** INCLUDES  
**\$3,735**  
IN PRICE ADJUSTMENTS<sup>Ω</sup>

**WELL EQUIPPED:**

HEATED FRONT SEATS • AM/FM/SIRIUS XM™/CD/MP3 6 SPEAKER AUDIO SYSTEM W/AUX/USB JACKS • BLUETOOTH® HANDS-FREE PHONE SYSTEM • STABILITY MANAGEMENT

SANTA FE 2.4L FWD. \$3,735 IN PRICE ADJUSTMENTS<sup>Ω</sup>, DELIVERY & DESTINATION INCLUDED. PLUS HST.

Dealers may charge additional fees for administration of up to \$499. Charges may vary by Dealer.

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